

A
COLLECTION
OF
Seven and Fifty approved
RECEIPTS
Good against the
PLAGUE.

Taken out of the Five Books of that Renowned
Dr. *DON ALEXES* Secrets, for the benefit of
the poorer sort of people of these Nations.

By *W. J. Gent.*



L O N D O N,

Printed by *Peter Lillicrap*, for *John Wingfield* at the Bible
and Anchor in Tower-street near Mark-lane end.

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COLLECTION

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The Author to the

R E A D E R,

Courteous Reader,



Through Gods divine providence, have had at severall times, great occasion to make use of Medicines for the health of my own body, as namely in the year 1642, for Cuts and Shots, where then I came acquainted, and into familiarity with Master George Dunne Chyrurgian, Master Leadbeater the Apothecary, Master Guye, Master Hicks, and Master Nicholas Culpepper, by whose familiarity I lost nothing, in the end of September 1663 our house was visited with the Plague, one died before we knew what it was, the family was five in number, I lay in the same bedding the deceased dyed out of, he dyed full of the marks, I had a Boyle in my Groyne that never brake, but went away by purging and vomiting, my fellow had one that brake, yet none dyed but the first, I helpt to Coffin about six persons, in one family at that time, yet by Gods providence am yet a live, in the year 1649, I had along sickness from Midsomer till Christmas, of that miserable disease called The griping or plague of the Guts, which caused me to search all publick means for cure, and having spent what means I had upon Doctors like the woman that had the bloody Issue: And all gave me over for dead, I betook me to search for directions in books, and after the reading of many providence guided me to light upon the most excellent and approved Works of that famous Doctor named DON ALEXES, a man well

To the Reader.

skilled in the Latine Greek Hebrew Chaldeæ and Arabick tongues, and of divers other Nations and Countreys, he being naturally inclined and took a singular pleasure in Phylosophy, and in the secrets of nature, he travelled seven and twenty years to gain knowledge, the five books were translated into English by Master William Ward and Master Richard Andrews and Dedicated unto the Right honourable Francis Lord Russell Earl of Bedford, but lest I should make my Porch greater then my building, I do refer those that would be further satisfied, unto those five books aforesaid, where they shall finde every one inserted, I gathered them at first for my own perticular private use, but considering the scarcity of the books and altogether at an extraordinary dear rate, I have for the publick benefit of all men exposed them to the care of the Printer to serve for publick use.

June 12.

1665.

W. J.

A

A Collection of Seven and fifty Receipts good against the Plague.

CHAP. 1.

An approved Remedy against the Pestilence be it never so vehement.

TAke an Onion and cut him overthwart, then make a little hole in each peece, the which you shall fill with fine Triacle, then set the peices together again as they were before, then wrap them in a white linnen cloth. Putting it so to Roast in the Embers and Ashes, then when it is Roasted enough press out all the juice of it: and give the patient a spoonful thereof to drink, and so by Gods help he shall feel ease and most undoubtedly be healed.

CHAP. 2.

A very good perfume against the Plague.

TAke Maltick, Cyprus, Incence, Mace, Wormwood, Mirrhe, Lignum Aloe, Tegname Musk, Ambergreise, Timioma, Nutmugges, Mirtle-tree, Bay-tree, Rosemary, Saige, Roses, Elder, Cloves, Juniper, Rue, Pitch, and a kind of Raw-pitch, called in Latine *Rasise*, stamp all these together mixe them well set them on the embers, or Coles and so perfume the Chamber.

CHAP. 3.

Another very good Remedy against the Plague.

TAke the Ripe berries of a Baytree, then pill off the black skin that is upon them, beat them into powder with a

little Salt, and as soon as the party perceiveth himself infected with the Plague, and that he begin to have a hot Fevor, he must take a spoonfull of the said powder, mixt with a little Vineger and water, let him heat it a little and drinke it, and then covering himself warm sleep, sleeping soundly by Gods help he shall be cured in a short time, but if the Fevor come with a cold, in tead of Vineger he must take wine, and then do as is said before, this hath been experimented on many in the last great Plague time.

CHAP. 4.

For him that is sick of the Plague.

TAke white Dittany, Turinentill, white Corall, Genitive, Bole Armoniack, Terra sigilata, and Endive, water of Scabius, and the Accedent coming upon him, this must be made at least four hours before it be used, take of the said things stamped each one by it self, and put them severally in glasses, and make of all of them a drink at your own discretion, making the Vineger mount in the glass a little above the other things, and let the patient take it hot, covering himself hot in his bed untill he sweat, and by Gods help he shall undoubtedly be Cured.

CHAP. 5.

A marvellous preservative against the Plague

TO make this take white Dicany, round Aristolochia, with Crocodilium otherwife called Cardina, or Cordya, with Voruine, Gentian, Zeduarise, an hearb called in *Latine*, *per mudi*, of each of them two Ounces, stamp all these together with a handful of Rue, then take a glass that holdeth at least three quarts, and fill it with the best wine you can find, whereinto you shall put, all the foresaid things, and let it stand so in your house, and in dangerous times take every morning a glass full of the said wine before you go out of your house, but first observe to eat a Walnut a Fige and a branch or two of Rue, do this every morning.

CHAP.

(3)
CHAP. 6.

An approved good ointment to make an Impostume break and the Plague sore to fall off.

TO make this take a quantity of Oyl of Olive and set it on the fire in some firme vessell, put thereto fine Cerus or White Lead well stamped together, literage of silver very fine and thine, with a quantity of Common wax, set it on the fire untill you may spread it with your finger upon a smooth stone, then take it from the fire and power a little Vineger upon it, but have a care of your face, then make a Plaister of this ointment, as big as all the sore, and make a hole in the midst thereof the breadth of a penny, make then a little plaister of suppling ointment the bigness of the hole, then make another plaister of the same bigness, and lay it on the suppling plaister, the mortifying plaister be between both, let this lye twenty four hours, then change onely the middle plaister, leaving it so lye twenty four hours longer, but remember to appoint the top of the sore with some Hogs suite, or Hen or Capons grease to mollifie it, so it will be hard in the middle, and round about it will be tender flesh, in such sort that the sore will break and come forth about the end of forty and eight hours, take of the foresaid plaisters, and lay upon it another plaister made with fresh Hogs grease, then will the dead flesh fall out with the core, like unto a round half Ball, but the hole will remain which you must dress with healing ointment, you must strow burnt Alam beaten to powder to eat the dead or rather proud flesh away.

CHAP. 7.

Another remedy against the Plague.

Take the topes of Rue a Garlick-head, or half a quarter of a Walnut, and a corn of Salt, eat this every morning continuing so a moneth together, this is also good against the Worms both in young and old.

CHAP.

(4)
CHAP. 8.

Another very good Kemedi against the Plague.

TAke a quantity of the water of wilde Purlley, called in Greek *Melissophillon*, *Melephilo*, and *Melenon*, and in Latine *Apiastrum*, with Plantine water, of each of these a like quantity in several glasses, take daily of this mixing equall quantities together in a small glass, and then you shall drink thereof, so by the blessing of God you shall be preserved and kept safe from the infection of the Plague, this water is also good for Fistula's and hath been often proved true by experience.

CHAP. 9.

Another perfect Receipt against the Plague.

Fill a Glas a third part full of fine Triacle, and one third part with Aquavita, and fill the other third part with the Urine of a man childe that is a virgin and healthfull mixe all these well together, and give the patient to drink a glass full three mornings one after another, this was proved in *Venice* in the year 1504. and in *London* in the last great Plague.

CHAP. 10.

Another against the Plague.

AS soon as the party feeleth himself infected, let him swallow a quantity of the best Triacle, then take of the same Triacle the bignets of a Chesnut, and lay it on the sore that be ginneth to rise, rubbing it well round about with the same Triacle, then immediately take a young Pегion and cut him in the midst quick feathers and all, lay him to the sore warm as he is in his feathers, let him lye till that part of the Pегion become green, and the Triacle red, then take it off, and you shall perceive, that out of the Pегion will come a green water, which is all the venome that was in the sore, then cure the place with this following plaister, take two parts of fresh Barrows greas, and one part of Woormwood well stamped and

and lay it upon the sore and the effect followeth.

CHAP. 11.

A thing often experimented against the Plague.

TAKE two Ounces of Mastick, one Ounce of Euphorbium, five Ounces of Spignard, beat these into powder and give it the patient to drink, if he be under ten years of age give him but a Scruple of it, if betwixt ten and twenty years of age give him half a dram, if above twenty years old give him a dram, then take the hearb called in Greek Penta-phylon, in Latine Quinque folium, in English Cinkfoil, and wrap it like a round Apple in a linnen cloath lay it so under the embers a certain time, and having taken it out, cut it in three pieces in the middle, and lay it upon the sore, this will give immediate ease unto the patient proved and experimented many times.

CHAP. 12.

A preservative against the Plague proved oftentimes.

IN a dangerous time take three branches of Rue, a Walnut and a Fig, eat all this and your stomach shall be fenced against Infection.

CHAP. 13. Another

TAKE Vineger the juce of a white Onion, the juce of Rue and of Milfoil, Yarrow, or Nose-bleed, of each of them alike quantity mixe all together, and give the patient a glass full very hot, but let it be before the sixth hour after the pain hath taken him; then make him sweat in a warm bed, this hath been an approved remedy.

CHAP. 14.

In a suspect time of the Plague.

TAKE Pennirial with Suger Russet, make an Electuary, eat the bigness of a Chesnut at breakfast this hath been proved and found good.

Another most excellent Medicine good against the Plague.

TAKE Wallnuts that are green tender and good to Confecture, or Preserves, put them in Vineger the space of eight days, then take them out again, and break them in pieces, then put them into the Limbeck, without Vineger, and still the water of them; the patient shall drink every day a small half glass full and after drinking of this potion, let him sweat well in his bed

C H A P. 16.

A rare and perfect secret against the Plague.

Take an Ounce of Aloes Epaticum, half an Ounce of Mirrhe, half an Ounce of Saforne beaten into powder, sift the Aloes and Mirrhe together, then steep and soake the Saforne, or wash it with Whine wine that is very strong, so that it belike sauce, put then the other powder to it, and mixe all well together, if need require you may put more Wine to it so make thereof a paste, and so make pills of the same, but if you will have it very strong put to every Ounce half an Ounce of Diagridum and half an Ounce of Camphire, Mr. Francis Albert took three eight parts of the said pills without Diagridum, soaking them in good Wine and gave them to his patient as soon as he could and caused him to sweat much in his bed and by sweating dissolved the venome.

C H A P. 17.

Another very rare approved Receipt.

Take the flowers or blofoms of Walnuts, dry them in the shadow, and when the nuts be in season to confect, you shall cut part of them into small peices, putting the same into small Vineger for three days, then take them out and mingle flowers distilling them through a Limbeck of glass, or of earth, well leaded, keep this water diligently, and when any man feeleth himself infected with the Plague, give presently to him two

Ounces

Ounces or three Ounces more or less as the party is in years or strength, and he shall loose his disease by stiole or by vomit, or else it will force the sore to come forth, which you may ripen and break and draw forth the core and so heal the same as is before declared.

C H A P. 18.

To make a Carbuncle and all other Botches Impostumes and Plague sores to break, a present remedy and very easie to be made.

Take bay Salt well beaten into powder and serced, incorporate it with the yolk of an Egge then lay it on the Carbuncle or sore, and be you assured that by Gods grace it will take away all the venome and poyson of the Plague sore, so that in short time he shall be cured; this Remedy hath been often proved.

C H A P. 19.

A very good Remedy against the Marks of the plague commonly called Gods marks or God tokens.

Take fresh and green Rhopenticum, which is the hearb and root called Themore or great Centory, it is named of Pliny, as Eulius doth write (*Rhacoma*) with the roots of the hearb called *Sanguinaria dactillon*, of some *Dens Canis*, of *Dioscordians* it is called *Coronopus*, that is to say Crows foot, some take it to be Dandelion, take therewith the roots of Turmiltill, and white Dittany, of each of these an Ounce, stamp all well then put them in a pot or violl with clear water at your discretion, rather too much then too little, till it pass three handfulls above the other things in the pot: then boyle it with a clear fire without smoak, untill one third part be diminished then strain it softly into a clean glasse and it will be of the colour of wine, when necessity doth require you may give the patient a glasse full in the morning and another at night two hours before supper, but it must be very hot, then cover him

well in his bed and make him sweat, when the Marks come forth he shall become like a Lazer or a Lepper and by Gods blessing shall recover in a short time and be perfectly whole.

C H A P. 20.

Against the mortality of the Pestilence an approved remedy.

Take Gentian, Seduaria, roots of Turmentile of each of them two Ounces, Red Sandal, white and Recent, Ditany, Harts horn burnd, white pearl, bole Armoniack round Aristolochia, of each of them an Ounce, half an Ounce of Camphere, two Ounces of white Sugar: of all these things beaten together into powder you shall take at every time a dram with three Ounces as Endive water, or Sorrell water, mixe the water and the Sugar with the bigness of a Walnut of fine Triacle, you must minister this Medicine before the sickness have continued with the person twelve hours for it is the surer, if the patient be an infant then give him but half a dram of it with an Ounce and a half of one of the said waters, and with the like quantity of Triacle, this drink is neither solvable nor laxative, nor doth cause any grief to the patient but onely killeth the poyson, if any person have drunk or eaten any poyson it is a very good Medicine for him, it is also very good against a hot fever or Ague, note also that if it be possible the patient must be let blood before he take this or suddenly after.

C H A P. 21.

To make little round balls good against the Plague.

Take of Labdanum, half an Ounce, Storax Calamica one Ounce, Diambre, two grains of Camphere, fifteen grains of Cloves, Nutmukes and Mace of each of them an eight part, a scruple of Damask Roses, half a dram of Sinamon, fifteen grains of Spignard, Musk and Civit, of each of them eight grains half a dram of fine Violets, four grains of Lignum Aloes the bigness of a bean of Calomie Aromanticie, four grains of fine Amber, the bigness of a bean of Mirrhe, first stamp the

Lab-

Labdanum with a hot Pestle, then stamp well the Storax Calamæ, and all the other things each by it self and then mixe all together and stamp them still with a pestle ading to it at every time Sorax laquide and Rose water untill all the said things be well incorporated, and then make round bal's thereof to smell to or use at your own discretion.

C H A P. 22.

A very perfect oyl Against the Plague and all manner of poyson.

Take of the oldest oyl you can get, and boyl it the space of an hour, and for every pound of the said oyl put in fifty Scorpions or as many as you can get, put all this in a pot uncovered set the pot in a Kettle of boyling water untill the third part of the oyl or somewhat less be consumed, then take out the Scorpions and strain the oyl into another pot, then stop it close, and set it in the Sun three moneths, or by the fire on hot Ashes the space of four days, but first put in two Ounces of Unicorns horn, one Ounce of Triacle, three Ounces of Aquavita, when any person feeleth himself infected with the Plague or poyson let him be annointed with the said oyl about the heart and pulses and he shall finde a marvelous effect.

C H A P. 23.

A marvelous secret for to preserve a man from the Plague and hath been proved in England of all the Physicians in that great and vehement Plague in the year 1348, and in the year 1625 in London, that in the year 1348 crept throughout all the known world, and Authors affirm that there was never any person that used this secret but was by Gods grace preserved from the Plague.

Take Aloe Epaticum, or Cicotrim, fine Sinamon, of each of these three drams, Cloves, Mace Lignum Aloe, Mastick, bole Armoniack of each of them half a dram, let all these things be well stamped together in a Morter, then mingle them together, then keep it in a close vessel, and take thereof every morning

morning two penny weight in half a glassfull of white wine, with a little water, drink it in the morning at the dawning of the day, and so you may by the grace of God go hardily into all infection of the Aire and receive no damage by the Plague.

C H A P. 24.

A very sure and perfect remedy to cure a man of the Pestilence.

Take the berries of Ivie, that groweth on trees or walls, and not of them that are found on the ground, you must gather the said berries very ripe and toward the north if it be possible if not take them as you can get them; although they be not very ripe, dry them in the shadow and keep them in a wooden box as a most precious thing, and if any be infected with the Pestilence, beat the said berries to powder in a clean Morter, and give the patient the said powder in a glass full of white wine, as much as will lye upon a groat or more; then cover him in his bed and cause him to sweat, then change his shirt sheets and all the coverings of his bed if it be possible, if not at least change shirt and sheets, some having taken this over night have found themselves well in the morning, and cured.

My Author affirmeth that in the year 1523 he saw in *Aleppo Amilanos* that had two Plague sores one under his thigh and another under his left arm, and having taken the said powder morning and evening he found that the said sores brake of themselves by virtue of this excellent Medicine, sent and blest by God himself who giveth understanding unto man, it is good for all persons to have so easie a thing ready by them.

C H A P. 25.

A present remedy to heal the Pestilence by drawing out the venom from the sore approved.

Take a quick Hen and pluck the Rump and place where she layeth egges quite bare, then set her so that the bare place may be upon the grief, that she may be held upon the sore, a great while the Hen draweth all the poyson to her self, or at least so much

much as will ease the patient, shortly after she will dye, you may do this with three or four several Hens immediately one after another they will draw all the venome from the sore, then anoint the place with good Triacle using the Ivie and bay berries and other remedies before described to break draw and heal the sore.

C H A P. 26

How to make balls to smell to in time of the Plague.

Take one part of Storax one part of Libdany halfe a part of Cloves, sum Camphere, Aquavitæ of Spighard, sum Nutmukes of all these make a paste with Rose water wherein you must dissolve sum Gum dragon and Gum Araback, work them well together, make of this balls to hold in your hands to smell at.

C H A P. 27.

An excellent perfume for a chamber in the time of a Plague or Pestilence.

Take of Storax, Calamica, Bengewine, Lignie, Aloes, of each an Ounce, five Ounces of Coals of Willow beaten into powder, mixe these things with Aquavitæ, as much as will make them into a paste, make thereof little Cakes or what forms you please, and so keep them, when you use them put a little of them on a Chafing dish and in consuming them by little and little they will make a singular good Odour in the place where you burn the same.

C H A P. 28. *Against the Plague.*

Take three Ounces of the Liquor of the inner rinde of an Ash tree,, and still it with three Ounces of white Wine, give the patient to drink of it every three hours and by Gods help within twenty four hours he shall be well.

C H A P. 29.

Another against the Plague.

Take three Ounces of Walnuts that be not yet full ripe, prepared and distilled at Midsomer, and let the patient drink thereof

thereof and he shall be whole, but it will be better to take the outward pills of Walnuts in *September* when they be black, so that they be not rotten, and distill them and give the patient a glassfull thereof to drink very warm he being let blood this this will help him much.

CHAP. 30.

A preservative in time of Pestilence, and against all venome or poyson, and against the biting of a mad Dog.

If you eat before meals a Wallnut or two, two dry Figs, and some leaves of Garden Rue with a corn of Salt, it will be a great and good preservative against the Plague, and against all poyson that a man eateth, the same being stamped and laid to the byting of a mad Dog it healeth it, so do Nutmukes work the like effect.

CHAP. 31.

An approved composition as well to preserve as to heal, very good in the time of a contagious Plague.

Take an Ounce of the best Triacle, half an Ounce of the juce of Lemons, a Scruple of Saforne; a little of the two sorts of Pearls, Red Corall and Sorrell seed, of each half a dram two grains of Camphere, mingle all these together very well with two or three drops of Odeferious white wine, and make thereof an ointment, spread a quantity thereof upon a piece of Crimson silke lay this hot upon the patients heart and remove it morning and evening.

CHAP. 32.

Another most excellent Composition, and a very good preservative against the Pestilence often tried and experienced.

Take a Pimpernell dried an ounce and a half of Sordii Vetii, some Roots of Gentian; Imparatory, Zedoaria, of each six drams, Calamint Apiastrum, or Citraginie, Enuly Campanie Roots Tormentilla, which is a kinde of Cinkfoile, Bay berries the seed of Cardus Benedictus, which is one of the kinds of the herb

herb called Atriactilie, with an Oringe or Citron, Oxill dis, which is a kind of Sorrell, bole Armoniack prepared of each three Drachmes Lickorish scraped, Clycanisie Seminis the seeds of Scatiola, which is Mubus Sativa, of the kindes of Endive and Succory, Cinamonie, exquisite, of each two drams Gilli-flowers, Red Roses and Coriander, prepared, the seed of Basill, Cortisis Citrie Fixie, Santuly luteie vel raboi Agalochi, that is Xilaloe Ligni Aloes, the scraping of Ivory and red Coral, Pearls of each a dram and a half, and two Scruples of Saforne beat all these very small mingle them with Sugar of equall quantity, or else with Oxemelite, or Sirupo aceratoe, or Oxyfacchata, or rather the sirrup of Lemons, but for weak stomacks make like to a Lickquid confection, either, Opiate vel Massée, or else let there be an Electuary pertabellas of a dram weight, or four scruples, then adde unto every ounce of Sugar, a dram of the said powder, then take thereof two or three hours before your meals, if it be in powder take a dram or half a dram at the least, with some convenient liquor of those which are now named if it be opiate, the quantity of a Chestnut or a Walnut if it be in form of a mass and thick make two or three pills or more very soft for to take at one time drinking after the same sum of the Liquors already mentioned when it is in little tablets you may take one or two or more at your discretion.

CHAP. 33.

Another composition in powder, but in another manner for the same purpose.

Take the Roots of Angilica, Gentian, Zedoaria, of the roots of Timentilla the seeds of Coxalidas Citrie Mallie, Cinamon, elect with a kind of Casia of yellow or red Sandall or Sanders Cardus Benedictus of each two drams, a dram and a half of Oringe Pills, one dram of the scrapings of Ivory, half a dram of red Corral the like weight of fine Sugar, put to all these

things as the powder shall seem pleasant and good, or if you will seek another way as is spoken of in the first preservative, as concerning the quantity of this composition, at every time, and the time of using it let it be as the other before, but if you will have them both let them not be of a like sort, but the one being in powder in tablists the other in Opiat, or mass, with pills.

CHAP. 34.

Common Pills very good for the same.

Take Aloes probæ, and Lote, two ounces, one ounce of Saforne, one ounce of good Mirrhe, or else Mirrhe and Ammoniacum, dissolved in white wine of each half an ounce, mixe them together with hony Roset, but in winter you may put Zedoaria, Agallochi, or Red Sandis of each of them a dram, but in summer take away the Mirrhe and Amoniacum and put to it bole Armoniacke prepared three drams, half a dram of Red Corral with a scruple of Camphere to take commonly a pill or two before your meals, sometimes a dram after your first sleep as you shall prove by experience.

CHAP. 35.

Antidotes or Medicines, and comfortable preservative of small cost easie to find that poor people may prepare for themselves.

1. Take Garlick and drink a little wine after it, or a Fig with a Walnut and Rue and a little salt specially in winter. 2. Take twenty leaves of Rue with two Walnuts and as many Figs and a grain of Salt all being mixt together receive it in the morning. 3. Take six leaves of Rue with Vineger. 4. Take the Root of the herb called in Latine Imperatoria, of sum Lascopitium, Gallicum. 5. Take the Root of Angelica. 6. The Roots of Gentian. 7. The Root of Zedarie. 8. Of Cardus Benedictus. 9. Of Garlina. 10. Take the herb called Scordium in small powder the quantity of a dram, either in a soft mass made with soddren honey and vineger, or with some surrup as of Lemons

mons or in Opiat the bigness of a Chestnut, or of a small Pease with wine in winter, in summer with Rose water, or with the juce of Sorrell. 11. Sorrell alone or with Pimpernell in Vineger and drink of it in the morning. 12. Or the juce of them wherewith you may make a taste in summer. 13. Or Juniper berries, the leaves of green Pimpernell of Bittany of Pulegion of Sorrell of each a like quantity brayed together and sodden in honey, put thereto a little Vineger like a conserve.

CHAP. 36.

Another rare Medicine.

Take Juniper berries, bole Armoniack, of each two drams or of both alike quantity being stamped lay it in sweet oyl and Vineger or in Oxmillite, in the mean form either Opiat or mass. If it be Opiat take as much as a Chestnut, if it be Mass take one great Pill, and drink after it a little Hidromill or Oximill or wine.

CHAP. 37.

It is requisite to speak something of a savour and sweet smell; as powders balls waters and perfumes, and first of a powder for many purposes.

Take four ounces of Ivise Florientiana, of Margrom Cloves and Red Roses of each an ounce of Millissophilie, Nucise Odoratee or Muscate Zedorie, Cinamon Agallochi, yellow, Sanders, Mastick Storax Calamita and Bengroin, half an ounce of each, and two scruples of Juncus odoratus, Calami odorative, Syici Nardiradicise one dram of each.

Make of these a powder to smell, to be beaten or broken, in some piece of fine silke or a peece of fine linnen cloth, beat all these things grossly for to perfume and wash your head and beard, or let them lye a time in white wine and Rose water, and strain them, keeping the water to use when you please, or you may still them in a double vessell, that they may be Aqua Aromatica, this being laid upon the coals is to perfume

your chamber twice every day morning and evening, it is good also to wear about you or to put in a little bag and lay it amongst linnen or woollen cloathes.

CHAP. 38.

Another sweet smelling ball.

Take two ounces of pure Labdanum, one ounce and a half of Bengroine one ounce of Willow coals of Storax Calamita, six drams, two drams, a peece of Marjoram, and yellow or red Sanders, of red Roses and Calainus Aramaticus, two scruples a peece, then take six drams of oyl of sweet Almonds and as much of Bengroin, with half an ounce of Storax Calamita sithe these things together then put thereto six drams of Rose water. Then strain it, and let that which is strained, be soft made with two ounces of white wax, and put to it of Storax liquida, one dram, make it like as Cereatum, or plaister incorporate these together with a hot pestle putting thereto a dram and a half of musk.

CHAP. 39.

Another sweet ball more sweet for the summer.

Take three ounces and a half a peece of Roses and Violets with an ounce a peece of the berries and leaves of Mirtle, and the coals of Willow, six drams a peece, of Juniper berries and Oringe pills, two drams of red Sanders, one dram of Bengroin with two scruples of Camphere, make a powder of these, then take an ounce and a half of oyl of Roses, with two drams a peece of Storax Calamita, and Bengroine, with an ounce of Rose water with two ounces of white wax, beat all the rest together with a hot pestle, put to it a little musk and use it.

CHAP. 40.

Of five outward Remedies to purge the Aire, the presentest and easiest and of smallest price for persons low in estate and condition.

First take Juniper berries with some of the root cloven asunder

tunder and dried with some of the forementioned drugs and make thereof a perfume this is good to purge the Air. Secondly, sprinkle your Chamber with Vineger alone or mixed with Rose water. Thirdly, when you are to go out into company, put into your mouth the Pill or seed of a Cittorn, or Cinamon, or Cloves or the Roots of Angelica, or Zedoarie or such as are before mentioned, hold these in your mouth and chaw them for you shall finde that they will give a good odour. Fourthly, if you desire to smell to a sponge or to a Handkerchief both day and night, Malmsey or other strong wine and sweet; such as are Muscadell alone or else with Rose water, wherein there hath been tempered some Aromaticall drug already spoken of, and also Cloves and Nutmukes, are very good for this purpose. Fifthly, if it be in summer take a little Camphere, with a little cold water and twice so much Vineger, this is also very good.

Chap. 41. *Eight Customs for the whole sum of governing of mans body especially in the time of the Plague.*

1. It is necessary that you keep every thing neat and clean in your house often washing and cleansing the same, and that as much as in you lyeth you do avoid going into all evil Aire. 2. Beseure that you flye all excess of Riot and superfluity of intemperate eating and drinking, and with all the carnall company of women. 3. When you travell walk moderately and overheat not your self, neither sleep in the day time, but moderately in the night, avoid as much as you may inordinate watching.

Chap 42. *A soverain powder against the venome of the Plague, fit for Princes and Rich people.*

Take Saphire Hiacinthe Smaragdus, of one or two or of all of these one dram, of pearls bole Armoniack of the best, with the seeds of Oxalife of each of these two drams, of the scrapings of Ivory two scruples of Unicorns horn one scruple, of the seed of Ocimum, half a scruple, yellow or red Sanders Agalocchi or Xilaloes of the best, Doronicie, Cinamon, exquisite Safforone of each three grains six grains of Musk, make of these a fine powder, and leave out the musk for them that love it not, the use of the said powder and others that follow shall be declared hereafter if God permit.

Chap. 43. *How to make a powder for the poorer sort of people.*

Take two drams of bole Armoniack with three drams of the Seeds of Oxalis, Aloes Epericum Lotum, and Red Corral of each of these a dram, the powder of Diatrio Santalon, eight scruples with the pills of dry Oringes, Cloves Cinamon and Safforone of each of these five drams, make of these a fine powder, you may use the same with conserve

serves or without them, with sirrups or with distilled waters, but much rather with juces and such convenient liquors as is before named.

Chap. 44. *How with little cost to make a drink for the poor.*

Take of the powder prescribed for the Poor, Conditirofatie, or conserve of Roses, Condii boraginis, or rather Coraginis of each a dram and a half two ounces of the Suck of Oxalis, two ounces Succii avantii Coragares extract with Rose water and of good white wine vinegar of each an ounce and make thereof a drink.

Chap. 45. *A drink that hath been proved good against the Plague.*

Take two drams of the powder of Mugwort of the first and second sort, the seeds of Sanctie or of Oringes, of Mirrhe of each a dram, the scrapings of Harts horn a dram, beat them well and mixe them together, you must drink this of white vinegar before a fire, and as soon as there appeareth any swelling in the groine or flank, or under the Armpits, or any where else the remedy must be ready, for the medicine provoketh great sweat whereby the venome or infection avoideth every part. The patient thus swearing by the fire his infected sweat must be rubbed and dried with hot linnen cloathes, which must be always changed untill the favour of the sweat be gone with rubbing.

CHAP. 46. *How opiate is made.*

Take of the first or second powder Oringe pills conserved of each an ounce and a half, the conserve of Roses the conserve of Buglois, two ounces of each of the sirrup of the juce of Cittrons Oringes or Lemons or else of Oxalis, or Camphacini, sufficient make of it a licquid Electuary in form of an Opiate, whereof take an ounce or more and drink some of the foresaid liquors and such as here follow, you may mingle an ounce of purslane with the said liquor.

Chap. 47. *How to make a drink meat after the taking of Opiate, or to be mixed with the Opiate for the strongest or meanest men according to the time and place.*

To do this take the juce of Cittrone or Lemons three ounces of the wine of swore Oringes with good white and clear vinegar and Rose water of each of these an ounce and mixe these all together

Chap. 48. *How to make a good drink for the poor.*

Take three ounces of the juce of Sorrell that is very clear of bitter an swore oringes, with white and clear vinegar and Rose water of each of these an ounce make thereof a drink, mixe it with a little sugar to make it pleasant.

Chap. 49. *How to make a drink to cause one to sweat.*

Take a dram of good Triacle, or a dram of Mithridatum, with bole Armoniack of the best of the powder of one of the herbs called Cardiac,

tee, described before, half a dram, Scabious water two ounces, water of Oxalife, Bugloss Borage of each an ounce and make a drink thereof.

Chap. 50. *How to make a drink easie for the poor of low price.*

Take the decoction of Scabious, and of the flowers of red pop.ge a glas full with a little suger or a little white vinegar, or a prisane, made with barley and Aniseeds and the roots of Parsley the roots of Suckrey the one or the other decoction with sharp sirrups two ounces or a little white vinegar. You must understand that these foresaid drinks be taken hot, the patient being well covered in his bed the Triacle and Mithridate although they be of great efficacy yet are they not meet for women with childe nor for young children, the use of them ought not to be often nor in great quantities, when the Fever is great, some mens advice is to mingle the medicine for sweating with some distilled water or with the decoction of herbs, concerning the part to which the venomous matter hath its course, now if a man knoweth that the matter goeth to the head, let the patient take it with some distilled waters or with the decoction Bitony, but if it go to the vital parts, or to the brest and heart, with the water of the decoction of Borage, which is very Bugloss, if it go to the belly and bowels with liquor of wormwood, if to the Liver, then with the decoction water of Egrimony which is the true and Real Zupatorium.

Chap. 51. *How to provoke sweat and heal the Plague.*

Take of the herb called Rape, with the roots of the lesser Planton and knot gras of each half a handfull bray them well and boyle them in vineger then strain them through a linnen cloath, give the sick person of this to drink when he goeth to bed it will cause him to sweat out all the ill humers.

Chap. 52. *An excellent preservative against the Plague.*

Take one ounce of the juce of green nuts, half an ounce of the juce of Agrimony, three drams of the juce of Rue, three ounces of the juce of Iloope four ounces of the juce of hemp mingle them altogether, then take half an ounce of the said mixture with half a dram of mumea and half an ounce of Suger Candy and one dram of suger of Roses, an Electuary thereof and dissolve the quantity of a Chestnut of it in good wine and drink thereof when you rise and when you go to bed.

Chap. 53. *Another against the Plague.*

Take of the roots of Turmentill finely powdered, one dram with half a dram of Triacle dissolve it in forrell water and give it the diseased.

Chap. 54. *How to make another preservative against the Plague.*

Take two egges and make a hole upon the top of each of them, then take out the whites put into them so much whole Safforne as will half

stir up the egges to the middle, cover them with other egge shels boyl them till they become red, then bray them with all the shells, and put thereunto of white Diptamue and Turmevill of each three drams of vomiting nuts one dram and a half of the seeds of Rockit the quantity of the beaten eggs bray them all together the second time, then put thereunto of good Triacle the weight of the other things except the eggs and make an electuary of the which give two drams in the morning when the patient riseth before he goes to labour.

Chap. 55. *Another preservative against the Plague.*

Take Safforne of Setwell, of Turmentill of Diptamus of each of these one ounce of Triacle of Mithridate of suger of Bugloss of each eight drams with the sirrup of the pills of pomeciterns, make a lectuary of the which to preserve the party, according to his age, if he be above the age of fifteen years give him two drams in the morning before meat with white wine, and after it give him two Mastick Coriander seeds, if he be but 14 years of age give him but one dram, and a half, being under the age of 8 years give him one dram, when he goeth out of the house let him hold in his mouth a little of the electuary; in the curing the plague the foresaid confection must be given as soon as he seeleth himself to have the Ague, within the space of 24 hours with the which the water of Sumak, the quantity aforesaid according unto age, it helpeth all cold infirmities or griefs, ministred with wipe or with Aquaviræ having first made the universall Remedies of purging letting of blood and Inch like.

Chap. 56. *How to make a good water against the Plague or Sarfeite.*

Take Red sage, Celerdine Rosemary, Herbgrafs Wormwood Mugwort, Pimpernell, Dragons, Scabius Tyromony, Rosafolis, and Balm, of each of these a handfull or like quantity by weight, wash and swing them in a linnen cloth, shred them and put them into a gallon of white wine with a quarter of an ounce of Gentian roots, and of Anelica roots the like quantity let it stand two days and two nights close covered and distill it at your pleasure that glass in which you keep it be stoppt very close.

Chap. 57. *How to purifie the Air in a Plague time.*

Take an ounce of balsum, one ounce of the flower of Sulpher with an ounce of mirrhe powder, all these together put thereto as much perno as will make them into a stiffe past then make it into little cakes then in the time of a pestilence every day or every other day put one or two of these upon a chafing dish of coals this is good faith mine Author to purifie the Air.

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hitting the eggs to the middle, cover them with other eggs till they become red, then bray them with all the shells, and put thereunto of white Diptamue and Turmevill of each three drams of vomiting nuts one dram and a half of the seeds of Rockit the quantity of the beaten eggs bray them all together the second time, then put thereunto of good Triacle the weight of the other things except the eggs and make an electuary of the which give two drams in the morning when the patient riseth before he goes to labour.

Chap. 55. Another preservative against the Plague.

Take Saffaine of Setwell, of Tumentill of Diptamus of each of these one ounce of Triacle of Mithridate of sugar of Bugloss of each eight drams with the sirrup of the pills of pomeciterns, make a lectuary of the which to preserve the party, according to his age, if he be above the age of fifteen years give him two drams in the morning before meat with white wine, and after it give him two Mastick Coriander seeds, if he be but 14 years of age give him but one dram, and a half, being under the age of 8 years give him one dram, when he goeth out of the house let him hold in his mouth a little of the electuary; in the curing the plague the foresaid confectiō must be given as soon as he feeleth himself to have the Ague, within the space of 24 hours with the which the water of Sumak, the quantity aforesaid according unto age, it helpeth all cold infirmities or griefs, ministred with wipe or with Aquavita having first made the universall Remedies of purging letting of blood and such like.

Chap. 56 How to make a good water against the Plague or Surseite.

Take Red sage, Celerdine Rosemary, Herbgras Wormwood Mugwort, Pimpernell, Dragons, Scabius Tyromony, Rosafolis, and Baim, of each of these a handfull or like quantity by weight, wash and swing them in a linnen cloth, shred them and put them into a galon of white wine with a quarter of an ounce of Gentian roots, and of Anelica roots the like quantity let it stand two days and two nights close covered and distill it at your pleasure that glass in which you keep it be stopd very close.

Chap. 57. How to purifie the Air in a Plague time.

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